

# ***Profiles***

## **2004 Montana School Health Profiles**

### ***The Status of Health Education in Montana Schools***

Montana Office of Public Instruction  
Health Enhancement Division  
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Office of Public Instruction  
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## 2004 Montana School Health Profiles

The School Health Profiles (Profiles) assist states and local education and health agencies monitor and assess characteristics of and trends in school health education; physical education; asthma management activities; school health policies related to HIV/AIDS prevention, tobacco use prevention, violence prevention, physical activity, and nutrition and food service, and family and community involvement in school health programs. Data from Profiles can be used to improve school health programs.

Two questionnaires are used to collect data – one for school principals and one for lead health education teachers. The principal's questionnaire examines policies and programs related to health education, physical education, tobacco prevention, nutrition practices, violence prevention, asthma management, and HIV infection. The teacher's questionnaire looks at health education, collaborations, professional preparation, and staff development.

The two questionnaires were mailed to 340 secondary public schools containing any of grades 6 - 12 in Montana in the spring of 2004. Usable questionnaires were received from 313 principals and from 311 teachers; for a response rate of 93 percent and 92 percent respectfully. Principal results can be found in the first 16 pages of the report, followed by teacher results on pages 17-30.

The Profiles questionnaires were developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC). The Profiles has been a collaborative effort between the Montana Office of Public Instruction (OPI) and the CDC since 1994. For more information on the Profiles contact Susan Court, OPI HIV/AIDS Education Specialist, at 406-444-3178 or [scourt@mt.gov](mailto:scourt@mt.gov).

**Montana Office of Public Instruction  
2004 School Health Profiles Report  
Principal Results**

	<b>Percent</b>
<b>REQUIRED HEALTH EDUCATION</b>	
Percent of schools that require health education for students in any of grades 6 – 12.	95

**REQUIRED HEALTH EDUCATION**  
Percent of schools that taught required health education in each of the following ways to students in grades 6 – 12.

In a combined health education and physical education course	96
In a course mainly about another subject other than health education such as science, social studies, home economics, or English	21

**HEALTH COURSES REQUIRED**

Percent of schools that require the following number of health education courses in grades 6 – 12.

0 courses	11
1 course	13
2 courses	33
3 courses	19
4 or more courses	25

**REQUIRED HEALTH EDUCATION – GRADE LEVEL**

Percent of schools that require health education in the following grades.

Sixth grade	73
Seventh grade	92
Eighth grade	93
Ninth grade	94
Tenth grade	90
Eleventh grade	11
Twelfth grade	9

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	<b>Percent</b>
<b>HEALTH EDUCATION COURSE EXEMPTIONS</b>	
Percent of schools with students in grades 6 – 12 who are exempted or excused from any part of a required health education course by parental request.	
Students cannot be exempted or excused	33
Less than 1%	58
1% to 5%	8
6% or more	1
<b>HEALTH EDUCATION COURSE FAILURE</b>	
Percent of schools that require students who fail a required health education course to repeat it.	64
<b>HEALTH EDUCATION COORDINATOR</b>	
Percent of schools in which health education is coordinated by the following persons:	
No one coordinates health education in this school	3
District administrator	11
District health education or curriculum coordinator	12
School administrator	15
Health education teacher	58
School nurse	0
Someone else	2
<b>HEALTH EDUCATOR CERTIFICATION</b>	
Percent of schools in which a newly hired health education teacher is required to be certified, licensed, or endorsed by the state in health education.	84
<b>SCHOOL HEALTH COMMITTEE</b>	
Percent of schools in which a school health committee or advisory group develops policies, coordinates activities, or seeks student and family involvement in programs that address health issues.	32

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	<b>Percent</b>
<b>REQUIRED PHYSICAL EDUCATION</b>	
Percent of schools that require physical education for students in any of grades 6 – 12.	99

**PHYSICAL EDUCATION COURSES REQUIRED**

Percent of schools that require the following number of physical education courses in grades 6 – 12.

0 courses	1
1 course	7
2-3 courses	50
4-5 courses	38
6-7 courses	4
8 or more courses	0

**REQUIRED PHYSICAL EDUCATION – GRADE LEVEL**

Percent of schools that require physical education in the following grades.

Sixth grade	98
Seventh grade	100
Eighth grade	100
Ninth grade	99
Tenth grade	96
Eleventh grade	12
Twelfth grade	12

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	<b>Percent</b>
<b>PHYSICAL EDUCATION COURSE EXEMPTIONS</b>	
Percent of schools with students in grades 6 – 12 who are exempted or excused from any part of a required physical education course for any of the following reasons.	
Enrollment in other courses	3
Participation in school sports	1
Participation in other school activities	1
Participation in community sports	1
<b>PHYSICAL EDUCATION COURSE FAILURE</b>	
Percent of schools that require students who fail a required physical education course to repeat it.	66
<b>PHYSICAL EDUCATOR CERTIFICATION</b>	
Percent of schools in which a newly hired physical education teacher is required to be certified, licensed, or endorsed by the state in health education.	93
<b>BEFORE- , AFTER- , OR OUT-OF-SCHOOL ACTIVITIES</b>	
Percent of schools in which students are offered opportunities to participate in before- or after-school intramural activities or physical activity clubs.	59
Percent of schools in which transportation home is provided for students who participate in a school's after-school intramural activities or physical activity clubs.	13
Percent of schools that outside of school hours or when school is not in session, children or adolescents use the school's activity or athletic facilities for community-sponsored sports teams or physical activity programs.	93

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	<b>Percent</b>
<b>TOBACCO PREVENTION POLICIES</b>	
Percent of schools that have adopted a policy prohibiting tobacco use.	99
Percent of schools that have tobacco prevention policy specifically prohibiting the <b>student</b> use of each type of tobacco.	
Cigarettes	99
Smokeless tobacco	99
Cigars	94
Pipes	94
Percent of schools that have tobacco prevention policy specifically prohibiting the <b>faculty/staff</b> use of each type of tobacco.	
Cigarettes	90
Smokeless tobacco	88
Cigars	87
Pipes	87
Percent of schools that have tobacco prevention policy specifically prohibiting the <b>visitor</b> use of each type of tobacco.	
Cigarettes	89
Smokeless tobacco	83
Cigars	85
Pipes	85

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	Percent
<b>TOBACCO PREVENTION POLICIES – TIME</b>	
Percent of schools that have policy specifically prohibiting the use of tobacco during <b>school hours</b> for:	
Students	100
Faculty/staff	94
Visitors	92
Percent of schools that have policy specifically prohibiting the use of tobacco during <b>non-school hours</b> for:	
Students	89
Faculty/staff	72
Visitors	69



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	<b>Percent</b>
<b>TOBACCO PREVENTION POLICIES – LOCATION</b>	
Percent of schools that have policy specifically prohibiting the use of tobacco <b>in school buildings</b> for:	
Students	100
Faculty/staff	100
Visitors	98
Percent of schools that have policy specifically prohibiting the use of tobacco <b>on school grounds</b> for:	
Students	99
Faculty/staff	86
Visitors	77
Percent of schools that have policy specifically prohibiting the use of tobacco <b>in school buses or other vehicles used to transport students</b> for:	
Students	99
Faculty/staff	97
Visitors	93
Percent of schools that have policy specifically prohibiting the use of tobacco at <b>off-campus, school-sponsored events</b> for:	
Students	96
Faculty/staff	66
Visitors	43

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	<b>Percent</b>
<b>TOBACCO PREVENTION POLICY – AWARENESS</b>	
Percent of schools that have procedures to inform the following groups about the tobacco prevention policy:	
Students	99
Faculty/staff	95
Visitors	79

Percent of schools that have procedures to inform parents about the policy that prohibits tobacco use by students.	98
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**TOBACCO PREVENTION POLICY – ENFORCEMENT and ACTION**

Percent of schools that have a designated individual that has primary responsibility for seeing that the tobacco use prevention policy is enforced.	69
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The percent of schools that when a <b>student is caught smoking</b> , ALWAYS or ALMOST ALWAYS . . .	
Inform the parents or guardian	98
Refer to a school counselor	39
Refer to a school administrator	97
Encourage, but not require participation in an assistance, education, or cessation program	28
Require participation in an assistance, education, or cessation program	19
Refer to legal authorities	45
Place in detention	37
Give in-school suspension	32
Suspend from school	35

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	<b>Percent</b>
<b>TOBACCO PREVENTION POLICY</b>	
Percent of schools that refer faculty and staff to tobacco cessation programs.	21
Percent of schools that refer students to tobacco cessation programs.	53
Percent of schools that <b>prohibit tobacco advertising</b> in the following locations:	
In the school building	95
On school grounds including on the outside of the building, on playing fields, or other areas of the campus	94
On school buses or other vehicles used to transport students	93
In school publications	92
Through sponsorship of school events	91
Through students wearing tobacco brand-name apparel or carrying merchandise with tobacco company names, logos, or cartoon characters on it	97
Percent of schools that <b>post signs marking a tobacco-free school zone</b> , that is, a specified distance from school grounds where tobacco use by students, faculty and staff, and visitors is not allowed.	69

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	<b>Percent</b>
<b>NUTRITION-RELATED POLICIES AND PRACTICES</b>	
Percent of schools that provide students with less than 20 minutes to eat lunch once they are seated	19
Percent of schools that provide students with 20 minutes or more to eat lunch once they are seated	79
Percent of schools that do not serve lunch to students	2
Percent of schools that have a school or district policy stating that fruits or vegetables will be offered at school settings such as student parties, after-school programs, staff meetings, parents' meetings, or concession stands	10
Percent of schools where students can purchase snack foods or beverages from vending machines or at the school store, canteen, or snack bar	89
<b>NUTRITION – TYPES OF SNACKS</b>	
Percent of schools where students can purchase the following snack or beverage from vending machines or at the school store, canteen, or snack bar:	
Chocolate candy	60
Other kinds of candy	62
Salty snacks that are not low in fat, such as regular potato chips	53
Salty snacks that are low in fat, such as pretzels, baked chips, or other low-fat chips	58
Fruits or vegetables	27
Low-fat cookies, crackers, cakes, pastries, or other low-fat baked goods	46
Soft drinks, sports drinks, or fruit drinks that are not 100% juice	95
100% fruit juice	86
Bottled water	90

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	<b>Percent</b>
<b>NUTRITION RELATED POLICIES AND PRACTICES</b>	
Percent of schools where students can purchase candy, high fat snacks, or soft drinks, sports drinks, or fruit drinks that are not 100% fruit juice:	
Before classes begin in the morning	74
During any school hours when meals are not being served	48
During school lunch periods	66

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	<b>Percent</b>
<b>VIOLENCE PREVENTION</b>	
Percent of schools where each of the following <b>safety and security measures</b> is implemented:	
Require visitors to report to the main office or reception area upon arrival	99
Maintain a "closed campus" where students are not allowed to leave school during the school day, including during lunchtime	44
Use staff or adult volunteers to monitor school halls during and between classes	89
Routinely conduct bag, desk, or locker checks	50
Prohibit students from carrying backpacks or book bags at school	26
Require students to wear school uniforms	0
Require students to wear identification badges	0
Use metal detectors	1
Have uniformed police, undercover police, or security guards during the regular school day	27
<b>VIOLENCE – PREVENTION PROGRAMS</b>	
Percent of schools that has or participates in each of the following <b>programs</b> :	
A peer mediation program	32
A safe-passage to school program	3
A program to prevent gang violence	20
A program to prevent bullying	56
Percent of schools that have a <b>written plan for responding to violence</b> at their school	89

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	<b>Percent</b>
<b>ASTHMA MANAGEMENT</b>	
Percent of schools where the following <b>school-based asthma management activities</b> are implemented:	
Provide a full-time registered nurse, all day every day	13
Identify and track all students with asthma	72
Obtain and use an Asthma Action Plan (or Individualized Health Plan) for all students with asthma	39
Assure immediate access to medications as prescribed by a physician and approved by parents (allow students to self-carry inhalers)	90
Provide intensive case management for students with asthma who are absent 10 days or more per year	25
Educate school staff about asthma	43
Educate students with asthma about asthma management	37
Teach asthma awareness to all students in at least one grade	26
Encourage full participation in physical education and physical activity when students with asthma are doing well	96
Provide modified physical education and physical activities as indicated by the student's Asthma Action Plan	79

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	<b>Percent</b>
<b>HIV INFECTION POLICIES</b>	
Percent of schools that have a <b>written policy that protects the rights of students and/or staff</b> with HIV infection or AIDS	57
Percent of schools whose HIV infection <b>policy addresses each of the following issues</b> for students and/or staff with HIV infection or AIDS:	
Attendance of students with HIV infection	92
Procedures to protect HIV-infected students and staff from discrimination	94
Maintaining confidentiality of HIV-infected students and staff	97
Worksite safety	96
Confidential counseling for HIV-infected students	74
Communication of the policy to students, school staff, and parents	88
Adequate training about HIV infection for school staff	85
Procedures for implementing the policy	92



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	<b>Percent</b>
<b>REQUIRED HEALTH EDUCATION – MATERIALS</b>	
Percent of schools whose teachers are required to use each of the following materials in a required health education course for students in any of grades 6 – 12.	
National Health Education Standards	47
State's curriculum, set of guidelines, or framework	87
District's curriculum, set of guidelines, or framework	91
School's curriculum, set of guidelines, or framework	89
Any materials from health organizations, such as the American Red Cross or the American Cancer Society	30
A commercially-developed student textbook	48
A commercially-developed teacher's guide	47

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	<b>Percent</b>
<b>REQUIRED HEALTH EDUCATION – TOPICS</b>	
Percent of schools that tried to increase student knowledge on each of the following topics in a required health education course in any of grades 6 – 12.	
Accident or injury prevention	92
Alcohol or other drug use prevention	98
Consumer health	85
CPR (cardiopulmonary resuscitation)	71
Death and dying	57
Dental and oral health	57
Emotional and mental health	91
Environmental health	70
First Aid	77
Growth and development	90
HIV (human immunodeficiency virus) prevention	95
Human sexuality	85
Immunization and vaccinations	61
Nutrition and dietary behavior	100
Personal hygiene	92
Physical activity and fitness	100
Pregnancy prevention	77
STD (sexually transmitted disease) prevention	89
Suicide prevention	71
Sun safety or skin cancer prevention	75
Tobacco use prevention	99
Violence prevention (such as bullying, fighting, or homicide)	89

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	<b>Percent</b>
<b>REQUIRED HEALTH EDUCATION – SKILLS</b>	
Percent of schools that tried to increase student skills on each of the following topics in a required health education course in any of grades 6 – 12.	
Accessing valid health information, products, and services	88
Advocating for personal, family, and community health	86
Analysis of media messages	85
Communication	93
Decision making	98
Goal setting	94
Conflict resolution	89
Resisting peer pressure for unhealthy behaviors (i.e., refusal skills)	97
Stress management	83
<b>REQUIRED HEALTH EDUCATION – TEACHING METHODS</b>	
Percent of schools that used each of the following teaching methods in a required health education course in any of grades 6 – 12.	
Group discussions	100
Cooperative group activities	94
Role play, simulations, or practice	72
Language, performing, or visual arts	67
Pledges or contracts for behavior change	41
Peer educators	71
The Internet	87
Computer-assisted instruction	64

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	<b>Percent</b>
<b>REQUIRED HEALTH EDUCATION – CULTURAL VALUES</b>	
Percent of schools whose teachers used each of the following methods to highlight diversity or the values of various cultures in a required health education course in any of grades 6 – 12.	
Use textbooks or curricular materials reflective of various cultures	57
Use textbooks or curricular materials designed for students with limited English proficiency	13
Ask students to share their own cultural experiences related to health topics	60
Teach about cultural differences and similarities	67
Modify teaching methods to match students' learning styles, health beliefs, or cultural values	85
<b>REQUIRED HEALTH EDUCATION – COMMUNITY INTEREST</b>	
Percent of schools where students participated in each of the following activities as part of a required health education course in any of grades 6 – 12.	
Perform volunteer work at a hospital, a local health department, or any other community organization that addresses health issues	14
Participate in or attend a school or community health fair	23
Gather information about health services that are available in the community	50
Visit a store to compare prices of health products	22
Identify potential injury sites at school, home, or in the community	56
Identify and analyze advertising in the community designed to influence health behaviors or health risk behaviors	60
Advocate for a health-related issue	54
Complete homework assignments with family members	73

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	<b>Percent</b>
<b>TOBACCO USE PREVENTION TOPICS</b>	
Percent of schools that taught about the following tobacco use prevention topics in a required health education course in any of grades 6 – 12.	
Short- and long-term health consequences of cigarette smoking (such as stained teeth, bad breath, heart disease, and cancer)	98
Benefits of not smoking cigarettes (including long- and short-term health benefits, social benefits, environmental benefits, and financial benefits)	97
Risks of cigar or pipe smoking	85
Short- and long-term health consequences of using smokeless tobacco	95
Benefits of not using smokeless tobacco	95
Addictive effects of nicotine in tobacco products	97
How many young people use tobacco	91
The number of illnesses and deaths related to tobacco use	94
Influence of families on tobacco use	93
Influence of the media on tobacco use	94
Social or cultural influences on tobacco use	91
How to find valid information or services related to tobacco use cessation	74
Making a personal commitment not to use tobacco	74
How students can influence or support others to prevent tobacco use	85
How students can influence or support others in efforts to quit using tobacco	84
How to say no to tobacco use	92
The health effects of environmental tobacco smoke (ETS) or second-hand smoke	95

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	<b>Percent</b>
<b>HIV PREVENTION TOPICS</b>	
Percent of schools that taught about the following HIV prevention topics in a required health education course in any of grades 6 – 12.	
Abstinence as the most effective method to avoid HIV infection	91
How HIV is transmitted	91
How HIV affects the human body	89
How to correctly use a condom	29
Condom efficacy, that is, how well condoms work and do not work	63
Influence of alcohol and other drugs on HIV-related risk behaviors	87
Social or cultural influences on HIV-related risk behaviors	77
The number of young people who get HIV	81
How to find valid information or services related to HIV or HIV testing	72
Compassion for persons living with HIV or AIDS	76

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	<b>Percent</b>
<b>NUTRITION AND DIETARY TOPICS</b>	
Percent of schools that taught about the following nutrition and dietary topics in a required health education course in any of grades 6 – 12.	
The benefits of healthy eating	98
Identifying Food Guide Pyramid food groups and serving recommendations	90
Using food labels	83
Aiming for a healthy weight (balancing food intake and physical activity)	96
Choosing a variety of grains daily, especially whole grains	86
Choosing a variety of fruits and vegetables daily	90
Choosing a diet low in saturated fat and cholesterol and moderate in total fat	88
Moderating intake of sugars	90
Choosing and preparing foods with less salt	74
Choosing more calcium-rich foods	81
Keeping foods safe to eat	72
Preparing healthy meals and snacks	84
Risks of unhealthy weight control practices	91
Accepting body size differences	85
Eating disorders	89

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	<b>Percent</b>
<b>PHYSICAL ACTIVITY TOPICS</b>	
Percent of schools that taught about the following physical activity topics in a required health education course in any of grades 6 – 12.	
The physical, psychological, or social benefits of physical activity	98
Health-related fitness (i.e., cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition)	98
Phases of a workout (i.e., warm-up, workout, and cool down)	96
How much physical activity is enough (i.e., determining frequency, intensity, time, and type of physical activity)	91
Developing an individualized physical activity plan	71
Monitoring progress toward reaching goals in an individualized physical activity plan	73
Overcoming barriers to physical activity	79
Decreasing sedentary activities such as television watching	87
Opportunities for physical activity in the community	79
Preventing injury during physical activity	94
Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)	89
Dangers of using performance-enhancing drugs, such as steroids	92



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	Percent
<b>TOBACCO USE PREVENTION</b>	
Percent of schools that provided information on tobacco use prevention in the following grades.	
Sixth grade	83
Seventh grade	88
Eighth grade	86
Ninth grade	95
Tenth grade	87
Eleventh grade	38
Twelfth grade	36

**TOBACCO USE PREVENTION – AREA TAUGHT**

Percent of schools that taught about tobacco use prevention units or lessons in each of the following courses.

Science	24
Home economics or family and consumer education	32
Physical education	81
Family life education or life skills	36
Special education	21
Social studies	7

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	<b>Percent</b>
<b>HIV PREVENTION – AREA TAUGHT</b>	
Percent of schools that taught HIV prevention units or lessons in each of the following courses.	
Science	34
Home economics or family and consumer education	29
Physical education	74
Family life education or life skills	40
Special education	16
Social studies	7

**HEALTH EDUCATION STAFF COLLABORATION**

Percent of schools whose health education staff worked with each of the following groups on health education activities.

Physical education staff	82
School health services staff (e.g., nurses)	56
School mental health or social services staff (e.g., psychologists, counselors, and social workers)	59
Food services staff	28
Community members	56
Teachers in other subject areas	60

**HEALTH EDUCATION PROGRAMS**

Percent of schools that did each of the following activities.

Provided families with information on the health education program	57
Met with a parents' organization such as the PTA or PTO to discuss the health education program	11
Invited family members to attend a health education class	34

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	<b>Percent</b>
<b>HEALTH EDUCATION – RECEIVED</b>	
During the past two years, the percent of teachers who received staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following health education topics.	
Accident or injury prevention	52
Alcohol or other drug use prevention	54
Consumer health	19
CPR (cardiopulmonary resuscitation)	73
Death and dying	20
Dental and oral health	15
Emotional and mental health	32
Environmental health	16
First Aid	72
Growth and development	22
HIV (human immunodeficiency virus) prevention	52
Human sexuality	29
Immunization and vaccinations	17
Nutrition and dietary behavior	38
Personal hygiene	16
Physical activity and fitness	55
Pregnancy prevention	28
STD (sexually transmitted disease) prevention	40
Suicide prevention	28
Sun safety or skin cancer prevention	13
Tobacco use prevention	41
Violence prevention (such as bullying, fighting, or homicide)	52

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	<b>Percent</b>
<b>HEALTH EDUCATION – SEEKING</b>	
Percent of teachers wanting to receive staff development on each of the following health education topics.	
Accident or injury prevention	44
Alcohol or other drug use prevention	68
Consumer health	41
CPR (cardiopulmonary resuscitation)	59
Death and dying	54
Dental and oral health	35
Emotional and mental health	66
Environmental health	47
First Aid	62
Growth and development	45
HIV (human immunodeficiency virus) prevention	60
Human sexuality	53
Immunization and vaccinations	40
Nutrition and dietary behavior	64
Personal hygiene	38
Physical activity and fitness	61
Pregnancy prevention	51
STD (sexually transmitted disease) prevention	57
Suicide prevention	74
Sun safety or skin cancer prevention	46
Tobacco use prevention	61
Violence prevention (such as bullying, fighting, or homicide)	76

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	<b>Percent</b>
<b>STAFF DEVELOPMENT – RECEIVED</b>	
During the past two years, the percent of teachers who received staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following teaching methods.	
Teaching students with physical or cognitive disabilities	35
Teaching students of various cultural backgrounds	24
Teaching students with limited English proficiency	11
Using interactive teaching methods such as role plays or cooperative group activities	45
Encouraging family or community involvement	33
Teaching skills for behavior change (e.g. communication, decision making, etc.)	51

<b>STAFF DEVELOPMENT – SEEKING</b>	
The percent of teachers wanting to receive staff development on each of the following teaching methods.	
Teaching students with physical or cognitive disabilities	54
Teaching students of various cultural backgrounds	40
Teaching students with limited English proficiency	30
Using interactive teaching methods such as role plays or cooperative group activities	55
Encouraging family or community involvement	61
Teaching skills for behavior change (e.g., communication, decision making, etc.)	71

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	<b>Percent</b>
<b>PROFESSIONAL PREPARATION</b>	
Percent of teachers reporting their professional preparation emphasis was on the following.	
Health and physical education combined	71
Health education	1
Physical education	10
Other education degree	12
Kinesiology	0
Exercise science or exercise physiology	1
Home economics or family and consumer science	1
Science	0
Nursing	0
Counseling	1
Public health	0
Other	3

**HEALTH EDUCATION ENDORSEMENT**

Percent of teachers that hold a current teaching license, certificate, or endorsement in health education recognized by the Office of Public Instruction.	92
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**HEALTH EDUCATION TENURE**

Percent of teachers who have taught health education the following number of years.	
1 year	6
2 to 5 years	26
6 to 9 years	15
10 to 14 years	17
15 years or more	37